



Friendship Heights



VILLAGE NEWS

JUNE 2007

301-656-2797

VOLUME 22, NO. 1



**Murray
Horwitz**
see page 4



Discover New England in October

See all the splendors New England has to offer during an early autumn trip to Mystic, Conn. and Newport, R.I., that begins **Tuesday, Oct. 9**. Our five-day, four-night trip gives a sample of the good life New England-style. From sculpture to seaports, from fine art to fine dining, from Newport's grand summer cottages to New England clambakes this trip has it all. Our journey begins Tuesday when we depart from the Village Center at 7:30 a.m. Our first stop is Grounds for Sculpture, a wonderful garden/museum featuring 240 works by J. Seward Johnson, among others. Following a guided tour, we'll have lunch at Café Chez Alice on the grounds. Then we're off to Mystic, a seaport that has captured the seafaring spirit of the 18th and 19th centuries. Upon arrival we'll check in to the Inn at Mystic, set on 15 hilltop acres overlooking the Pequotsepos Cove. (This is the inn where Bogart and Bacall spent their honeymoon.) That evening we'll enjoy an authentic New England clambake featuring steamed local lobster, mussels in garlic, clam chowder and grilled hotdogs and hamburgers for the landlubbers. The next morning after breakfast at the inn, we're off to Mystic Seaport for a guided highlights tour of the nation's largest maritime museum. There we'll see the 1841 wooden whaleship Charles W. Morgan, as well as historic buildings and recreations of a seaport community.

We'll enjoy the quintessential New England luncheon Yankee Pot Roast.

Continued on page 2

Live from the Village Stage

The Chevy Chase Players, the DC area's oldest community theater, will appear on stage at the Village Center **Thursday, June 14, at 7 p.m.** The all-volunteer community theater will perform seven short works of Susan-Lori Parks's "365 Days/365 Plays."

Susan-Lori Parks is an award-winning American playwright and screenwriter. She received the Pulitzer Prize for Drama in 2002 for her play, "Topdog/Underdog," which was nominated for a Tony Award. *Continued on page 3*

Happily-ever-aftering at Wolf Trap this summer

"Camelot," the classic legend of King Arthur, Guenevere, and Sir Lancelot comes alive at Wolf Trap next month. Join us **Tuesday, July 10**, for opening night of this new production starring Michael York, star of screen, stage, and television for more than 40 years.

The memorable score of the Lerner and Loewe musical, based on T. H. White's, *The Once and Future King*, includes "If Ever I Would Leave You," "How to Handle a Woman" and, of course, "Camelot."

Continued on page 3

Shredding Service in the Village, see Calendar

CHILDREN'S PROGRAMS

C'mon to Camp Friendship

Camp Friendship is coming back this summer with music, pizza, pool parties and creative crafts. Pre-school children ages 3 through 8 years of age are invited to join in the fun at Camp Friendship. The week-long program begins **Monday, July 23** and continues each day **through Friday, July 27**. Each session begins at 10:30 a.m. and ends at 12 p.m. Children and their parents or guardians are invited to bring a picnic lunch to enjoy from noon to 12:30 p.m. Events will include a pizza and pool party, crafts days and a special finale.

Children must be accompanied by a parent or caregiver.

The cost is \$35 per child for all five sessions if you sign up by June 30. The cost is \$45 after June 30. You may sign up for individual sessions at a cost of \$9 per day. Sign ups begin immediately at the Village Center. Sign up early because this camp fills up fast. There are 20 spaces available.

New England, Continued from page 1

That afternoon, we'll drive to beautiful Newport, R.I. Our visit begins with a tour of Rosecliff, one of Newport's grand "cottages." The property was the setting of several scenes in *The Great Gatsby*. Our home for the evening will be Newport's Hotel Viking, an elegant red brick hotel, built in 1926 to house the summer guests of some of Newport's wealthiest. Once we've checked in, you'll have the night free to explore shops and restaurants nearby.

The next morning after breakfast at the hotel, we're off on a driving tour of Newport, lunch at the historic White Horse Tavern. Built in 1673, The White Horse Tavern is the oldest continuously operating tavern in the U.S. Next, we'll visit Rough Point, the 105-room home of tobacco heiress Doris Duke. The home, only recently reopened, allows fewer than 100 visitors per day and we've managed to secure these highly sought after tickets. We'll return to our hotel and relax before going to Newport's Waterfront for a delicious dinner at the Mooring Restaurant.

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Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the July issue is June 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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ON the GO...

Camelot, Continued from page 1

It is one of history's greatest love stories and we promise you'll go home singing!

The cost of the trip, which includes discounted front Orchestra seats, transportation, and driver's gratuity is \$74 until June 18, when it goes up to \$79. We will depart from the Village Center at 6:30 p.m. Residents and one guest may sign up immediately; nonresidents may sign up June 11. There are 24 spaces available.

Chevy Chase Players, Continued from page 1

In 2001 she received a MacArthur Foundation "Genius" Grant. From November 2002 to November 2003, Ms. Parks wrote a short play each day. The result is the "365 Days/365 Plays" festival. Various pieces of the series have premiered around the United States this year. There is no cost for the performance, but please let us know if you plan to come by calling 301-656-2797.

New England, Continued from page 2

Thursday morning begins with breakfast at the Hotel Viking before we say goodbye to Newport.

Our next stop is the charming New England town of Old Lyme, Conn.

With its beautiful countryside and shoreline, Old Lyme has a reputation for attracting artists and is considered America's foremost Impressionist-art colony.

Our destination in Old Lyme is the Florence Griswold Museum, a grand Georgian-style mansion that once served as a boarding-house for members of the Old Lyme art colony.

The museum features the works of artists such as Willard Metcalf, Childe Hassam, and Clark Voorhees. During our visit, the museum will also host a temporary exhibit by Norman Rockwell.

Continued on page 16



Montgomery County Wine & Spirits presents our newest location in *Chevy Chase/Friendship Heights*

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Andrew Kohut to speak at Brody Forum

Andrew Kohut, President of the Pew Research Center, will speak at the Village Center **Monday, June 11, at 7:30 p.m.** "A Conversation with Andrew Kohut" is co-sponsored by the Norman and Florence Brody Public Policy Forum of the University of Maryland and the Friendship Heights Village Council.

Mr. Kohut, founder of Princeton Survey Research Associates and former President of the Gallup Organization, is president of the Pew Research Center and serves as director of both the Pew Research Center for the People and the Press and the Pew Global Attitudes Project.

Please sign up in advance by calling the Village Center at 301-656-2797.



Murray Horwitz on summer blockbusters

What do *Jaws*, *Indiana Jones*, *Pirates of the Caribbean*, *Star Wars* and *Spiderman* have in common? They were all summer blockbusters, those big-budget, big studio "popcorn" movies made to thrill and entertain the masses. They are huge financial successes because of the large crowds that they attract during the time of the year when people, especially young people, have more time to spend in movie theaters.

Murray Horwitz, director and chief operating officer of the American Film Institute Silver Theater and Cultural Center in Silver Spring, will talk about summer blockbusters at the Village Center on **Monday, June 25, at 7:30 p.m.** What will this summer's blockbusters be? Please sign up in advance by calling the Village Center at 301-656-2797.



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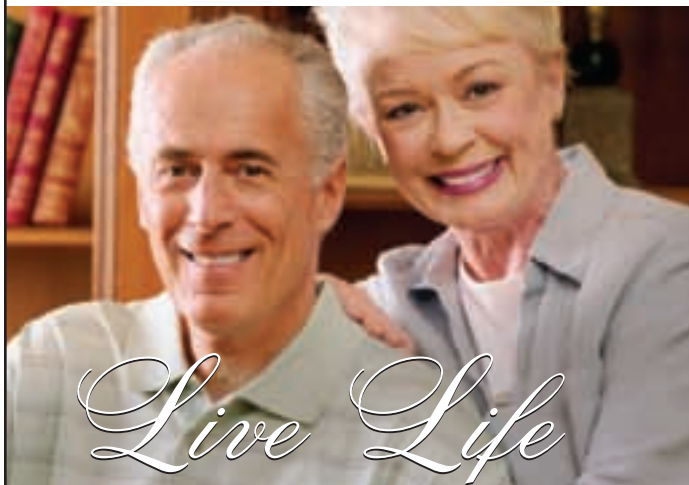
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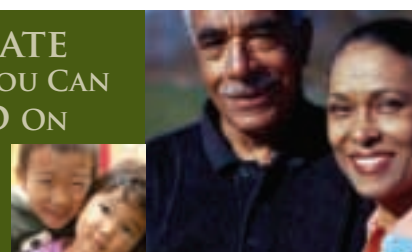
Friends and fashion

Join us for tea and a fashion show on **Friday, June 22, at 3 p.m.** Draper's & Damon's of Sumner Place in Bethesda will provide the outfits modeled by Village residents. Come see the new summer line of casual, dressy and travel clothes. There will also be a drawing for a \$25 gift certificate from Draper's & Damon's. Please call 301-656-2797 to reserve a seat.

Go Nats!

Cheer on the Nationals when they play the Cleveland Indians on **Sunday, June 24**. We'll leave the Village Center at 12:15 p.m. and return by 5:45. The cost of the trip is \$49, which includes transportation, discounted seats in section 312 (under cover with a great view of the field), and driver gratuity. Sign up today at the Village Center.

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- Do not take food or drink into the auditorium
- Arrive on time for all events
- Unless it is an emergency, please stay until the

conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

Thursday, June 7, 7p.m. — The Painted Veil — Shunned by a husband who's more interested in research, the simpleminded Kitty Fane embarks on a quest for life's fulfillment. Along the way, she ignites a passionate affair with a dashing womanizer and travels with her husband to the Far East, where she turns her attention to fighting the cholera epidemic. Based on the novel by W. Somerset Maugham. Stars Naomi Watts, Edward Norton and Diana Rigg. Rated PG-13. Running Time: 120 minutes.



cumstances of Victorian England. While her parents are eager for her to marry a successful man and settle down, she has ideas of her own, and has been writing and illustrating a series of stories for children centered around a character she calls Peter Rabbit. In time she is forced to choose between her parents and the man she loves. Also stars Ewan McGregor and Emily Watson. Rated PG-13. Running Time: 92 minutes.

Thursday, June 14, 7p.m. Chevy Chase Players , see page 1 for details.

Thursday, June 21 , 7p.m. — Miss Potter— The true story of the woman who created some of the most beloved characters in children's literature comes to the screen in this drama starring Renee Zellweger. Beatrix Potter is an imaginative but gently eccentric woman living in the socially and intellectually confining cir-

Thursday, June 28 , 7 p.m. — The Pursuit of Happyness — Will Smith plays Chris Gardner, a bright and talented but marginally employed salesman. Struggling to make ends meet, Gardner finds himself and his five-year-old son evicted from their San Francisco apartment with nowhere to go. When Gardner lands an internship at a prestigious stock brokerage firm, he and his son endure many hardships, including living in shelters, in pursuit of his dream of a better life for the two of them. Rated PG-13. Running Time: 116 minutes.



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FRIENDSHIP GALLERY

Montgomery County Art Association to exhibit this month

The Montgomery County Art Association will hold a juried exhibit at the Friendship Gallery in June. All are invited to meet the artists at a reception on **Sunday, June 10, from 11:30 a.m. to 1:30 p.m.**

MCAA was established in 1954 and its members come from the entire metropolitan area. The organization offers opportunities to network with other artists; membership is open to anyone over 18 years of age.

This year's juror is Vivienne Cho, an artist and art educator for over 20 years. She is a graduate of the Rhode Island School of Design and has many awards for excellence in art and design as well as teaching. Vivienne is also a talented opera singer in several languages.

The exhibit begins June 2 and runs until June 30. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m., and Saturday and Sunday, 9 a.m. to 2 p.m. Art work in the auditorium is occasionally not available for viewing because of activities in that room. Please check with the front desk receptionist when you arrive.

Three Cheers for our red, white and blue Community Art Show

The Village of Friendship Heights will once again sponsor a juried art exhibition in conjunction with the Fourth of July celebration at the Village Center. Suggested subjects include family gatherings, parades, fireworks, picnics, heroes, speeches, etc. Prizes will be awarded to the top winners. The exhibition is open to all artists.

Conditions of entry are:

- Artists may submit one work of art in any medium that has not been exhibited in previous Friendship Heights July Fourth exhibits;
- Framed works should not exceed 48 inches in any direction, including the frame;
- Large works should be framed with plexiglass;
- All hanging works should have screw eyes and wire, ready to hang;
- Canvases may not be wet;
- Sculpture should not exceed fifty pounds.

"Looking for Love,"
watercolor by Sue Moses



"Japanese Garden," oil by Sara Becker

Joan Samworth will be this year's juror. Ms. Samworth is a member of the Touchstone Gallery in Washington and exhibits her paintings there and in various parts of the country. She has taught at the Corcoran, Oasis, Strathmore, and in private and public schools. She currently teaches a still life painting class at the Village Center.

For the past seven years, she has been an art instructor for junior and senior high students in southeast Washington. Her project has developed into the Corcoran Apprenticeship Program, which has produced public art works around the city.

Entry forms are available at the Village Center. Artwork may be delivered there Saturday, June 30, between 10 a.m. and 12 p.m. There is a non-refundable entry fee of eight dollars.



CLASSES and CLUBS

**PREREGISTRATION IS REQUIRED FOR ALL CLASSES.
PARTICIPANTS MUST PAY FOR THE FULL SERIES. NO REFUNDS AFTER CLASS BEGINS.**

BEGINNING SPANISH

This 8-week course begins June 25. This class is for students with little or no knowledge of Spanish. Instructor Elena Marra-Lopez has taught teenagers and adults at Sidwell Friends School, Washington International School, Montgomery College, and the USDA Graduate School. The class meets Mondays, from 6:30 to 8:30 p.m. The cost is \$180 for residents and \$200 for non-residents. Session ends August 13.

BONES FOR LIFE

This 4-week series begins July 10. Meets Tuesdays, 11:30 a.m. to 1 pm, Cost is \$40. Session ends July 31. Instructor Hedy Ohringer is a Guild Certified Feldenkrais® Practitioner and a Certified Bones for Life Teacher. Enhance your well being by learning your optimal posture for weight bearing activities. Learn to safely stimulate circulation and bone health by moving with greater ease and joy. Relax in class and feel energized afterward.

CHINESE BRUSH PAINTING

A 10-week class taught by Helene Sze McCarthy begins June 14. Meets Thursdays from 1 to 3 p.m. Cost is \$100. Session ends August 16. A minimum of 6 students is required; the maximum is 10.

DIGITAL PHOTOGRAPHY

A one-day workshop on digital photography taught by Tony Sweet on June 9, from 9 a.m. to 2 p.m. Participants will shoot both indoors and outside, process their images, and have their work critiqued. You must have your own digital camera

and a basic knowledge of photography equipment (including f/stop and shutter speed). This class is not for beginners. Bring a laptop if possible; instructor will have one available. Bring a brown bag lunch. Cost is \$40 for people 60 and older; \$65 for those under 60; and an additional \$50 for non-Maryland residents. Checks should be made payable to Montgomery College. Sign up at the Village Center. The minimum is 12 participants; maximum is 15.

DRAWING AND PAINTING

A 10-week course for all skill levels, taught by Doris Haskel, begins June 25. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$50 for residents; \$70 for nonresidents. Session ends Aug. 27. Maximum number of students is 18.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by award-winning artist and photographer Marianne Winter, begins July 11. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$65. (Maximum number of students is 8). Session ends August 15.

STRENGTH TRAINING WITH CHERYL

This 6-week session begins June 22. Meets Fridays from 10:30 to 11:30 a.m. The class, taught by Cheryl Clark, will enhance range of

motion and strengthen muscles and work on balance and posture. The cost is \$65. Maximum number of students is 12.

STRENGTH TRAINING WITH TONYA

This 6-week session begins June 27. Meets Wednesdays, from 11 to 11:50 class, taught by Tonya Walton, will focus on increasing your mobility, flexibility, balance, and overall strength. The cost is \$62. Session ends August 13.

TAI CHI (THURSDAY)

This 6-week session begins June 14. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$40. Session ends July 19. Feel free to email instructor Thomas Johnson at Taijitaj@comcast.net if you have any questions about this class.

TAI CHI (TUESDAY)

This 6-week session begins June 26. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$40. Class will not meet on July 3 or 24; make-up dates will be Aug 14 and 21. Feel free to email instructor Thomas Johnson at Taijitaj@comcast.net if you have any questions about this class.

YOGA (DAYTIME)

This 5-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins June 24. Meets Sundays from 9 to 10:20 a.m. The session



includes semi-strenuous postures, stretches, coordinated breathing and a quiet period for relaxation and meditation. Wear loose clothing, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$50 for residents and \$65 for non-residents. Class will not meet July 15. (Students who must miss a class may make it up in the Monday class with the instructor's permission).

YOGA (EVENING)

This 7-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins June 11. Meets Mondays from 7:30 to 8:50 p.m. See description above. The cost is \$70 for residents and \$85 for non-residents. Last class is July 23. Students who must miss a class may make it up in the Sunday class.

CLASSES THROUGH OASIS

Registration for OASIS classes is by mail only. You may pick up a catalog at the Village Center front desk.

OASIS is open to anyone 50 years of age and older. There is no membership fee.

THE COLD WAR AND AMERICAN FOREIGN POLICY

William Bodde, Jr. United States Ambassador (Ret.) will lead this series. A full description of all sessions is in the OASIS catalog. Each session runs from 11 a.m. to 12:30 p.m. and costs \$8.

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Friday, June 1

1956 -1973 THE VIETNAM WAR AND THE CUBAN MISSILE CRISIS

Friday, June 8

1975-1991 THE END OF THE COLD WAR

Friday, June 15

RESISTANCE TRAINING FOR SENIORS II

Matt Rundell teaches this class on Mondays. Meets from 11:30 a.m. to 12:30 p.m. This 9-week class begins June 4 and costs \$72.

FLEXIBLE STRETCH AND STRENGTH II

Matt Rundell teaches this class on Mondays. Meets from 12:45 to 1:45 p.m. This 9-week class begins June 4 and costs \$72.

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Continued on page 19

CONCERTS

Concerts are performed Wednesdays, from 7:30 to 8:30 p.m., in Hubert Humphrey Park. In the event of inclement weather, the concerts will move indoors to Huntley Hall.

Wednesday, June 6 — Greg Harrison Jazz Band

— This versatile group is known for its Southern Swing. Clarinetist Greg Harrison is a Pete Fountain protégé, so his style is reflective of that great New Orleans musician. This busy group appears regularly at jazz clubs and performing arts series, and includes “Way Down Yonder in New Orleans,” “Chicago,” and “It Had to be You,” among its repertoire.

Wednesday, June 13 — The Martin Family

— This talented family group performs a rich blend of old-time and Irish music. They have been the informal “house band” at Mt. Vernon for 10 years. Their unique mix of instruments —hammered dulcimer, mandolin, fiddle, banjo, guitar, button accordion and tin whistle has earned them a reputation of a group that is fun loving and a joy to listen to.

Wednesday, June 20 — Mariachis de los Compadres

— Violinist Susan Jones leads this lively group in Mexico’s best-loved music. Dressed in colorful authentic Mariachis costumes, the band plays traditional instruments: the bihuele, guitarron, trumpets, guitar, violin and harp. Performance credits include the White House, President Ronald Reagan’s Inaugural Ball, numerous Smithsonian Institution venues, and various government special events.

Wednesday, June 27 — The Bethesda-Chevy Chase High School Jazz Ensemble

— The Bethesda-Chevy Chase High School Grammy Foundation award-winning music program plays a variety of venues in the Washington, D.C., area. Each year the group’s members change as students graduate and go on to college.



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TO YOUR HEALTH

The Mind-Body Network

The mind-body network is part of Integrative Medicine and offers adjuncts to traditional medicine in some cases. Learn what recent scientific research suggests about interactions between the mind and body, such as the relation between positive emotions and immune function.

At this month's Suburban Health Talk on **Wednesday, June 13, at 1 p.m.**, Beverly Pierce from Suburban Hospital's program will discuss some of these techniques and conduct some experiential exercises to explore the mind-body relationship. There is no cost for the talk, but please call 301-656-2797 to let us know if you plan to attend.

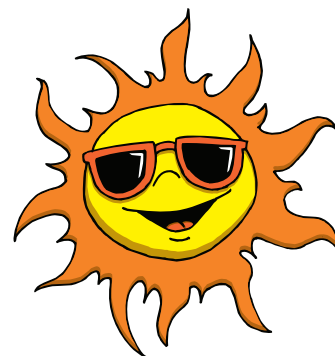


Summertime Sight Saving Tips

Join Janet Morrison from the Prevention of Blindness Society and Nina Glasner, MSW counselor of the vision impaired and rehabilitation teacher, for the next meeting of Low Vision Lunch and Learn on **Tuesday, June 19, at 12:30 p.m.**

Many of us have been looking forward to singing "Summertime and the Living is Easy" through the long winter months. For others, no matter the season, new challenges are faced due to vision changes. Join our lunch group to discuss sight saving suggestions to help us enjoy our summer months to the fullest. Bring a bag lunch; dessert and beverages will be provided.

This program is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Please call 301-656-2797 to register.



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Cafe Muse presents...

This month's Café Muse, on **Monday, June 4, at 7 p.m.**, presents poets Bruce Bennett and Joshua Weiner.

Joshua Weiner is the author of *The World's Room* and *From the Book of Giants*. He is the recipient of a Whiting Writers' Award and the Rome Prize from the American Academy of Arts and Letters. His poems and essays have appeared in *Best American Poetry*, *The Nation*, *The American Scholar*, *Village Voice*, *Chicago Tribune*, *Threepenny Review*, *Poetry*, *TriQuarterly*, *Yale Review*, *Colorado Review*, *Washington Post*, *Slate*, and elsewhere. He teaches at the University of Maryland and serves as poetry editor at Tikkun.

Bruce Bennett is the author of seven books of poetry and more than twenty poetry chapbooks. His most recent chapbooks are *Web-Watching Bright Hill*, *Coyote's Interlude With Little Miss Darling*, and *Examined Life*. His *New and Selected Poems, Navigating The Distances*, was chosen by Booklist as "One Of The Top Ten Poetry Books Of 1999." His poems have appeared widely in literary journals, as well as in numerous textbooks and anthologies. He is currently Professor and Chair of English and Director of Creative Writing at Wells College in Aurora, NY.

Classical guitar selections performed by Michael Davis are presented each month at 7 p.m. Attending poets are invited to participate in an open reading that concludes the Café Muse program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a non-profit literary organization that has sponsored public programs for over 30 years. The evening is free, but please call the Village Center at 301-656-2797 to let us know you are coming.



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At Sunrise we offer fully furnished private suites, three delicious meals daily including snacks, personalized assistance and care, as well as stimulating activities, housekeeping and scheduled group outings.

Visit or call Brighton Gardens at Friendship Heights today to learn more about our short-term stays.

Save the Date

Wednesday, June 27th • 6:30pm – 7:30pm
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Assessment will determine care requirements and cost.

Discover New England, Cont. from page 3

After our tour, we'll visit Essex, which has been consistently named one of the best small towns in America. We'll enjoy lunch at the Griswold Inn and you'll have time to explore this charming town that looks much like it did in the mid-19th century.

We'll then begin our journey home, staying overnight at the Marriott in Stamford, a posh suburb, just 33 miles from New York City. After breakfast, we'll visit the First Presbyterian Church, also known as the "Fish Church," because of its unusual shape. This spectacular structure, designed by Wallace K. Harrison, the chief architect of the United Nations buildings in New York, was opened in 1958. The stained glass windows in the sanctuary contain more than 20,000 pieces of faceted glass and standing inside the church has been described as "like being inside a jewel."

The cost of the trip, which includes round-trip transportation, four nights deluxe accommodations, four breakfasts, four lunches, one dinner, one New England clambake, admission to and guided tours of Grounds for Sculpture and Mystic Seaport, tour services in Newport, admission to Rosecliff, The Breakers, Rough Point, guided tour of the Florence Griswold Museum, guided tour of the First Presbyterian Church in Stamford, and

all taxes and gratuities, is \$1175, per person based on double occupancy. The single supplement is \$385. Sign up by July 1 and pay only \$1125.

A deposit of \$400 is due when signing up. The initial deposit is fully refundable until July 8. Single supplement is due at sign-up. A second payment of \$300 is due Aug. 1. The balance is due Sept. 1.

Please be aware that this trip requires a lot of walking.

We strongly encourage you to consider purchasing trip insurance. Information regarding trip insurance can be obtained at the front desk.

Second day of strength training comes to the Center

Now you can take two days of strength training at the Village Center every week. Tonya Walton, former manager of Pavilion Health and Swim Club, will teach a 50-minute class on Wednesdays at 11 a.m., beginning June 27. The class will focus on techniques that will help increase your mobility, flexibility, balance, and overall strength. Tonya has over ten years of fitness experience with a B.S in Exercise Science and Biology from Virginia Tech. See Classes and Clubs for details.

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Positive psychology: the new research-based program that works

Positive psychology, founded by Dr. Martin Seligman, studies positive emotions and character and focuses on the strengths and virtues that enable individuals to thrive. Dr. David Sacks, a clinical psychologist, will discuss this new branch of psychology at the Village Center **Tuesday, June 26, at 1:30 p.m.**

Dr. Sacks works in private practice and in public agencies with children, adolescents and families, and is Director of Clinical Training at the American School of Professional Psychology. His talk will introduce positive psychology and give the audience simple techniques one can use to build positive emotion, strength and meaning in one's own life.

Please let us know if you plan to come by calling 301-656-2797.





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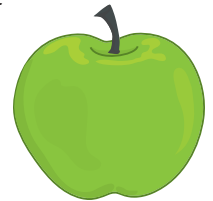
Achieve lifelong weight control and improve your health

Health educator Dr. Paul Seder will present a weight management workshop at the Village Center

Wednesday, June 20, at 1 p.m.

Dr. Seder is a former NIH research psychologist and will explain the weight loss methods that have worked best in scientific studies. He will describe lifestyle changes and research-proven techniques that will help you reduce hunger and control stress-related eating. His weight management program has been called the best in the Washington area by senior staff at Bethesda Naval Hospital.

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Classes and Clubs, Cont. from page 9

BRIDGE GROUP

An informal drop-in bridge group meets each Monday and Friday from 1 to 4 p.m. Most players are intermediate or advanced.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

FHUN

A group dedicated to bringing together young professionals, college students, and young parents has recently been formed in Friendship Heights. The group, known as the Friendship Heights Urban Network (FHUN) is organizing events including monthly Happy Hours, summer barbeques, and special evenings at local restaurants. For more information, check FHUN's website at www.fhun.net or email info@fhun.net to be added to the membership list. The group is also looking for individuals in each of the surrounding high-rises to be FHUN representatives. This group is not affiliated with the Friendship Heights Village Council.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Meets on the second and fourth Wednesdays of each month. Call 301-590-2819 for an appointment; walk-ins are welcome.

SCRABBLE

This active group of Scrabble players meets at the Center Thursdays at 6 p.m. All are welcome.

TEA TIME

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers. There is no cost.

VILLAGE PLAY TIME

Children of all ages are welcome to be together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium. Children must be accompanied by a caregiver, friend or family member over age 13.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis, 301-718-6340, or Marjorie Yahraes, 240-497-0050 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for details.

VILLAGE CLASSIFIEDS

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Queen-sized sofa bed, comfortable. Like new \$175. Call Carol to see. 202-320-8987.

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Village Council Corner

Incumbent Council Members Re-elected for 2007-2009 Term

All seven incumbent Village Council members were re-elected on May 14. They were unopposed. On May 21, the Council selected its officers for the 2007-2009 term. Council members and their offices are listed below.

Other Council actions at the May 21 meeting:

- Confirmed proposal to continue with Lindsey & Associates for Village's FY 2007 audit;
- Approved request for designating on-street loading zone on The Hills Plaza by Chevy Chase Building;
- Discussed repaving roads in the Village.



Newly planted Red Salvia brightens up the Willoughby Park sundial.



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June 2007 events calendar